08
Curtain call

10
A community remembers

20
Sharing stories

thenewhammag

issue 359 // 10 – 23 February 2017 // Every fortnight

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Look out for the next issue from **24 February 2017.**

Contents.

On the cover

08 LOVE STORY – modern twist to Shakespeare

10 LIFE AFTER THE HOLOCAUST – young join survivor for memorial

20 GOING BACK TO SCHOOL – schoolchildren hear elders talk

In this issue

13 REGENERATION GAME – new business moving in

17 SPOILT FOR CHOICE – local activities for all

19 NURSERY TALES – classic tales alive in libraries

22 MENTAL FITNESS – staying sharp in 2017

25 DON'T MESS UP OUR BOROUGH – taking down unwanted stickers

27 PLAY PREMIERE – cheeky satire arrives in Stratford

29 GREEN IS GOOD – get mental boost outdoors

Regulars

03 NEWS – three pages of news from across the borough

06 MAYOR'S VIEW – news from Sir Robin Wales

14 NEWHAM IN PICTURES – your borough through a camera lens

30 OUR NEWHAM – community news

32 KIDS' CORNER – jokes, pictures and puzzles for our younger readers

34 WHAT'S ON – five pages of activities and events for you to try – most of them free

Newham London

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News

MPs say high stakes must be reduced

Newham Council has welcomed a report from an All Party Parliamentary Group (APPG) that has decided there is a "prima facie" case to slash the maximum stake that can be wagered on a Fixed Odds Betting Terminal (FOBT).

In November 2014 Newham led a campaign with 92 other councils to submit a Sustainable Communities Act submission to reduce the stakes on FOBTs to a maximum of £2. The campaign specifically targeted the B2 category machines that can be found in high street betting shops. They allow customers to place a maximum bet of £100 every 20 seconds.

APPG chair Carolyn Harris MP heard evidence from Mayor Sir Robin Wales and also visited the borough to see for herself the blight caused to high streets by the proliferation of betting shops.

Current legislation limits betting shops to four of these high stake machines per shop, but this has led to a huge proliferation of betting shops on the borough's high streets. In High Street North, East Ham, there are currently 12 operating.

The Government is reviewing FOBTs as part of a wider look at the gambling industry, and is due to publish findings later this year.

Mayor Sir Robin Wales said: "I am delighted that MPs from across the country and political spectrum have shown their support for a maximum £2 stake on Fixed Odds Betting Terminals.

"Newham Council has long campaigned for this and I was delighted to be able to present evidence to the APPG on the impact on communities of such machines. The Government must recognise this comprehensive report and finally bring FOBT stakes in line with other high street gambling machines. The gambling industry has consistently ignored our pleas to stop blighting our high streets with the clustering of betting shops, which bring anti-social behaviour and crime to the heart of our communities.

"Newham fully supports the APPG findings and urges the Government to put people and communities before profit. If the Government is to prove it is on the side of both consumers and communities, it must act quickly to reduce the maximum stake to £2 and remove high stake, hard gambling from the high street."

Customers can bet a maximum of £100 every 20 seconds

Urgent action is needed to reduce maximum stakes to £2

News

Pride in flying the flag

Newham councillors Rachel Tripp and Steve Brayshaw helped Newham College in East Ham unveil a rainbow version of its logo to mark the college's commitment to equality and diversity and support for Lesbian, Gay, Bisexual and Transgender (LGBT) History Month.

The logo is above the college's main entrance. Students have been wearing rainbow wrist bands to encourage support, pride and acceptance in the community.

Principal Di Gowland said: "Diversity has always been at the heart of the college and we are proud to have been recently listed in Stonewall's top 100 UK LGBT-friendly employers."

Newham Council also flew a Rainbow Flag at the Town Hall in East Ham in support of LGBT History Month. Councillor Rachel Tripp, Cabinet member for equalities, said: "The flag is a symbol of our commitment to equal rights and inclusion in our community. It sends a clear message of support and solidarity with LGBT residents."

As part of the month, Stratford Library are showing Oscar-nominated romantic film drama Carol on 24 February at 6pm.

Cllr Brayshaw, Di Gowland, Cllr Tripp and college HR director Olivia Besly

Cllr Laguda enjoys the party

Care home party is a joy

Councillor Joy Laguda, the chair of Newham Council, was on hand to wish a Manor Park care home a happy 20th anniversary.

She joined staff and residents of Mornington Hall in Whitta Road for the special celebration that involved food, dancing, and champagne. Councillor Laguda handed out gifts to the home's 117 residents including its eldest, Ellen Sackman, 104. Manager Catherine Komuhangi said the celebrations were "beautiful and the food was lovely".

The care home is run by Bupa. It is made up of four separate houses, all with garden access. It offers long and short term residential and nursing care with activities that allow residents to keep active through projects such as cake decorating, arts and crafts and reminiscence therapy.

Councillor Laguda said: "It was a joyous celebration in a home that offers a caring environment."

Supporting commitment to equality and diversity

...in brief

Thanks for joining carnival

Cllr Abdulmuhit presents the plaque and medals

Newham's community lead councillor for Green Street and Plaistow, Hanif Abdulmuhit, visited Selwyn Primary School to hand out medals and a silver plaque to thank pupils for taking part in the 2016 Mayor's Newham Carnival.

More than 750 young people from 20 schools across the borough joined the parade around the streets of East Ham last July. Selwyn pupils spent many hours making costumes and props based on the carnival's theme of Turning the Pages, a celebration of the power of literature.

Councillor Abdulmuhit handed out the medals during an awards and achievements assembly at the school in Cecil Road. He said: "The Mayor's Newham Carnival is always a fantastic occasion and the Selwyn School pupils helped make the parade such a huge success last year. I hope the school and so many others will take part again this year."

Advice on Yellow Box junctions

Residents are reminded that CCTV cameras introduced at Yellow Box junctions at 30 locations across the borough have been going live since 16 January.

The cameras are part of Newham Council's Keep Newham Moving campaign, which is spending £100 million on improving roads, footpaths and lighting. Part of the campaign is to ensure traffic can flow freely. Motorists must not enter the box junction until your exit is clear. You may enter and wait when you want to turn right and are only stopped from doing so by oncoming traffic or by other vehicles waiting to turn right.

Housing plans approved

Newham's Strategic Development Committee have approved plans for new homes to be delivered by Red Door Ventures, the council's housing company which regenerates sites owned by the council.

Projects in Grange Road and Doherty Road, both Plaistow, have been approved. The first will offer 77 private rent homes in two blocks. The Doherty Road site will deliver four flats and five houses offered at affordable rent on a former garage block site.

Library to be refurbished

Custom House Library in Prince Regent Lane will be closed from Monday 20 February while Newham Council refurbishes the building.

It will reopen on Monday 20 March with enhanced spaces for events and displays, quieter revision and homework areas and facilities for groups to meet. The roof and guttering is being repaired and interior walls repainted. Residents with Newham library cards can use any of the borough's other nine libraries.

Drugs offender jailed

A man who was carrying 30 wraps of heroin and crack cocaine when arrested by Newham Council's enforcement partnership team (EPT) has been jailed for three years by a judge at Snaresbrook Crown Court after admitting possession with intent to supply.

Council CCTV operators saw Senthooran Selvarajah, 33, from Holland Road, East Ham, approaching members of the public with the drugs in his hands. The operators informed the partnership team who arrested him.

Invitation to schools to join the parade

Mayor's view

Why we must learn lessons from history

At our Holocaust Memorial Day commemoration on 27 January I spoke about the need to stand up and be counted in a world where anti-Semitism, Islamophobia, racism and bigotry seem to be on the rise. Put simply, we have to shame those who are failing to learn the lessons of history.

Within a few hours of my speech, Donald Trump, President of the United States of America, imposed a travel ban on citizens of seven majority-Muslim countries, including Syria. Slamming the door in the face of Syrian refugees echoes the world's failures during the Holocaust and is unrepentant Islamophobia.

> "In this borough we are clear about our values of fairness, trust, reciprocity and solidarity"

At a meeting of the full Council on 30 January in a motion that was unanimously agreed, we affirmed our belief that no one should ever be made subject to violence, abuse or discrimination on account of their religious beliefs, race, or ethnicity.

In this borough we are clear about our values of fairness, trust, reciprocity and solidarity. We treat people equally and show tolerance to one another. That is why we work tirelessly to bring people who spread hate to justice, and fund events that bring different groups together rather than isolating or excluding people.

Our motion resolved that as a council we will continue to stand up to hate wherever we find it and bring those who engage in violence, abuse or discrimination to justice. We were also steadfast in our resolution to continue to help refugees fleeing conflict in Syria.

Just as importantly, we agreed to support the call that Donald Trump should not be honoured with a State visit to the United Kingdom until such time as he stops pursuing this fundamentally Islamophobic agenda and rescinds the travel ban.

I return to a point I made on Holocaust Memorial Day. No matter how much we do to bring people together, there will always be a small minority who promote anti-Semitism, racism, homophobia, and other forms of bigotry.

History is a powerful tool that can be used to shape our world for the better today. Now more than ever, it is vital that we use the lessons of the past to shape a better future. Our job is to stand up to hate wherever we find it because we know where rhetoric can lead.

During World War 2, this city and this country came to the aid of thousands of Jewish children escaping Nazism. We have already taken in five Syrian families fleeing conflict and more are on the way, but the Government must make resources available to help those fleeing the conflict.

Newham is the most diverse community in Britain with around 100,000 Muslims living here. More than 5,000 of our residents were born in the seven countries affected by President Trump's travel ban. The idea that people would be turned away from the United States is disgusting. It represents a complete betrayal of America's history as a safe haven for immigrants.

> "We will continue to stand up to hate wherever we find it and bring those who engage in violence, abuse or discrimination to justice."

More than 10,000 Newham residents have already signed a petition arguing that the President should not be given the honour of a State visit. That's why our motion called on our Government to use all the diplomatic avenues open to it, to exert pressure on the US Government to fully rescind the travel ban immediately. Only then will we have learned the lessons of history.

Hundreds of residents attended the Holocaust Memorial Day event at the Old Town Hall, Stratford. See pages 10 and 11 for more details.

Shakespeare gets the Bollywood treatment

Newham Council is committed to ensuring that our children have the opportunity to experience theatre, free of charge through the Every Child a Theatre Goer initiative.

As part of that commitment, the council teamed up with Stratford Circus Arts Centre to give 4,500 of the borough's schoolchildren the chance to discover the work of William Shakespeare.

Pupil's from 67 primary schools, saw a free production of Romeo and Juliet. The Bollywood-themed adaptation of Shakespeare's tale of star-crossed lovers was adapted for children aged seven and older by a team from the National Theatre.

> "We have continued to invest in this programme as it is vital in nurturing the creativity and imaginations of our children and helps to lay the foundations for their future success."

It was presented at Stratford Circus between 18 January and 1 February and for many children it was their first visit to the theatre.

As well as enjoying the show, the National Theatre gave the youngsters the chance to find out about what goes into creating a stage show and the roles of the director, designer, choreographer and technicians.

This is the fourth year that Stratford Circus has partnered with the council on Every Child a Theatre Goer. Each year, a show is specially selected to support pupils' learning experiences, fire up their imaginations and introduce them to the magic of live theatre.

Mayor Sir Robin Wales said: "Our Every Child a Theatre Goer programme provides our youngest residents with the amazing experience of attending theatre performances.

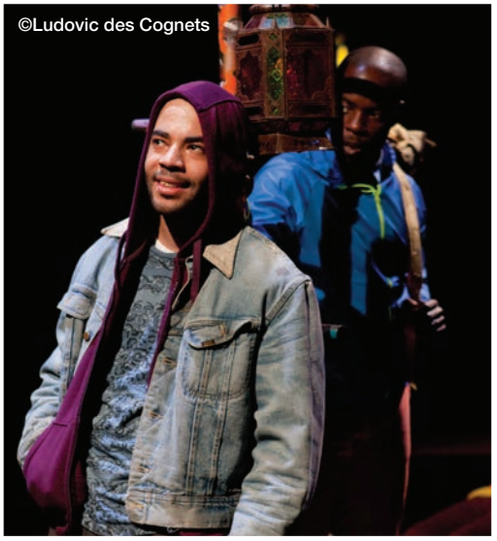
"Stratford Circus have been instrumental in helping us to deliver this initiative and the National Theatre's production has given our children the chance to see a masterpiece that has been reworked and made contemporary. Despite the cuts to our budget, we have continued to invest in this programme as it is vital in nurturing the creativity and imaginations of our children and helps to lay the foundations for their future success."

Every Child a Theatre Goer is part of the arts centre's ongoing commitment to providing access to high quality artistic experiences for people living in Newham.

> "Newham has continued to support access to the arts for children when the financial outlook for local authorities is increasingly challenging."

Stratford Circus Arts Centre's director Monique Deletant Bell said: "Working with the Mayor of Newham and Newham Council to deliver Every Child a Theatre Goer makes a strong statement that every child in the borough has a right to access the best art regardless of their circumstances. It is particularly significant, and heartening, that Newham has continued to support access to the arts for children when the financial outlook for local authorities is increasingly challenging."

Newham's Every Child programme supports educational attainment, activity and achievement. For details visit www.newham.gov.uk/everychild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Harry Olmer

Learning to live after the Holocaust

Hundreds of residents from across Newham joined Mayor Sir Robin Wales and councillors to hear the moving testimony of a Holocaust survivor for the annual event to mark Holocaust Memorial Day.

Born in 1927 in Sonsowiec, Poland, Harry Olmer was 12 when World War 2 started. As part of the Nazi persecution of the Jews, he was sent to five concentration camps – including Plaszow near Krakow which later became famous in the movie Schindler's List.

He was also forced to work in a munitions factory filling shells with explosives and last saw his mother and sisters after he, his brother and father were separated from them in 1942.

> "History is a powerful tool that can be used to shape our world for the better today … so part of enabling life to go on is about standing up to hate."

More than 400 residents and schoolchildren heard Harry's moving account of his experiences at the hands of the Nazis at the event at the Old Town Hall in Stratford.

In keeping with this year's theme of How Can Life Go On?, Harry told the audience about his life after he was evacuated and brought to the UK; how he arrived in Carlisle in August 1945 and recuperated in the Lake District. He was then sent to Glasgow where he graduated in 1953 after completing a five-year dentistry degree at Glasgow University.

Children from Newham's Every Child a Musician Orchestra performed at the event which concluded with a candle lighting ceremony in memory of those who lost their lives during the Holocaust and other genocides.

Harry, a retired dentist, is now one of a handful of Holocaust survivors who visit schools to tell their stories.

He told the audience about one of his earliest memories of the Second World War, in 1942. He said: "I was in a truck with a lot of other people and could hear shooting. We had a woman who started screaming, so they stopped the truck and shot her. They separated all the women and children, and they were put on wagons and taken away. That was the last time I saw my mother and my sisters.

"The trains took all the women and I did not have time to say goodbye."

At the end of his talk he took part in a question and answer session and received a standing ovation.

There were also performances of poems and songs from schoolchildren from Plashet, St Joachim's Catholic Primary, Essex Primary and Tollgate Primary schools, plus Chobham Academy and Oasis Academy.

The Mayor also continued on the theme of life after the Holocaust. Sir Robin said: "To help people build a new life, we must honour their experiences. That means making sure that we never allow their suffering to be exploited or their experience to be trivialised.

"History is a powerful tool that can be used to shape our world for the better today…so part of enabling life to go on is about standing up to hate. Those affected by conflict need practical support to get back on their feet."

Schools that attended the event were: Eastlea Community, Park Primary, Maryland Primary, Azhar Academy Girls , Forest Gate Community, Oasis Academy, Essex Primary, Chobham Academy, St Joachim's Catholic Primary, Lathom Junior, North Beckton Primary, St Helen's Catholic Primary, Sarah Bonnell, Plashet, Upton Cross Primary, Ranelagh Primary, Grangewood Independent, Little Ilford, Sandringham Primary, Tollgate Primary, Monega Primary, Godwin Junior, Scott Wilkie Primary, Cleves Primary, Sir John Heron, Cumberland, Lister and Salisbury.

In Memoriam by the students of St Joachim¹s Catholic Primary school

"Remember:
The broken glass of the Crystal Night
Reflecting the dying embers of hope

Remember:
The march of the people
As they are led into the Ghettos
Accompanied by the tears of families
Torn apart.

Remember:
The tight confines of despair
As the suffocating carriages
Carry the innocent
Without return."

HOW CAN LIFE GO ON?
HOLOCAUST MEMORIAL DAY 2017

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East Ham Leisure Centre, 384 Barking Rd, East Ham E6 2RT
Manor Park Fitness Centre, 464 High Street North, Manor Park E12 6QN
Newham Leisure Centre, 281 Prince Regent Lane, Plaistow E13 8SD

*Terms and conditions apply. Prices vary from centre to centre. No joining fee offer valid until the end of the month specified.
†This number is charged at the same rate as calls to normal landlines (those that start with 01 or 02). It is included in call allowances, bundled talk time or "free" minutes the same way as regular landline numbers.

in partnership with Newham London

active newham

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Newham residents can get £2.50 tickets for the performance on Wed 1 Feb at 7pm – visit the Box Office or call 020 8534 0310 to find out more.

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A MUSICAL BY KIRSTEN CHILDS

#BubblyBlackGirl

New HQ is the height of regeneration

Newham has a large amount of land available for development, world-class transport and digital infrastructure, and a young, energetic and increasingly skilled workforce. Regeneration projects under way show the commitment from global investors keen to make their mark here.

One of those organisations showing faith in Newham is the Financial Conduct Authority (FCA) whose new headquarters at the International Quarter in Stratford was recently "topped out". It will be completed early next year when more than 3,500 FCA employees move in.

A ceremony to mark the new building reaching its full height was attended by Councillor Ken Clark, Newham Council's Cabinet member for building communities, public affairs, regeneration and planning. He said: "The topping out ceremony represents another step in the development of Stratford which is now the new heart of East London.

"We have fought hard to attract investment and ensure the right infrastructure is in place for a vibrant commercial hub and it is encouraging to see organisations like the FCA have seen the potential in Newham."

The topping out of the new building marks the first in a series of key moments for the International Quarter development this year. A residential tower at Glasshouse Gardens is due for completion in May and 3,000 Transport for London employees are set to move into their new home at the development in September.

Once fully completed, the £2.4bn mixed-use development will house 25,000 workers, making it one of the largest new commercial developments in Europe. The site will feature shops, restaurants and cafés around a central public square.

Councillor Clark added: "This is all part of much wider regeneration across the borough. For us regeneration has to make a difference to our residents' lives. Through our successful Workplace employment service, we will work with the FCA and other employers to ensure local people are connected to new jobs and opportunities. We also look forward to continuing to work with Lendlease and LCR, the joint venture partners of the International Quarter, to create even more opportunities for our residents."

For more information about regeneration in Newham visit www.newham.gov/regeneration

Cllr Clark tops out the new FCA building

Newham in pictures

1 Wow. Did you see that? Pupils at Avenue Primary School, in Meanley Road, Manor Park, E12, experience virtual reality with help from Google. **2** If you click on that…sixth formers from the London Academy of Excellence in High Street, Stratford, E15, give advice on doing things online at Forest Gate Library, in Woodgrange Road, Forest Gate, E7. **3** Get into the groove! Dance was just of the free activities on offer at Forest Gate Library, E7, as residents were invited to kick start their leisure time. **4** I'll get it. Two residents from the Green Street area took part in a community clean up organised by the Green Street Community Neighbourhood Team. **5** Nearly there. A pupil at Lister Community School in St Mary's Road, Plaistow, E13, takes part in a performance during an awards ceremony.

Newham London

Can you recycle more in 2017?

Keep Newham Clean

www.newham.gov.uk/recycling

Discover new interests **in your community**

As part of the hundreds of events organised by Newham Council's community neighbourhoods every year the team in Forest Gate welcomed more than 1,000 residents to get a taste of the activities on offer locally in the coming months.

Staff developed the event, called Kickstart Saturday, to showcase the opportunities available and to inspire residents to get involved in a new activity, group or hobby.

The event, held at Forest Gate Library, also saw the official launch of The Open Gate Café. Councillors Dianne Walls and Winston Vaughan, and April Jackson, food critic and former contestant on The Apprentice, also attended the event.

Every year Kickstart Saturday becomes more and more popular. Opportunities on offer this year included tasters and information from Atherton Leisure Centre, taster sessions from activities free to local residents over 50 including Zumba, Tai Chi, Salsa and aerobics.

> **"Our community neighbourhoods are at the heart of what we do for our residents"**

Representatives from Forest Gate Community Garden provided information and details about activities run by the group, signing up volunteers and getting attendees to plant some seeds in pots to take away and grow.

Councillor Ken Clark, Cabinet member for building communities, public affairs, regeneration and planning, said: "Our community neighbourhoods are at the heart of what we do for our residents. The fact that more than 1,000 people went to Forest Gate Library to find out more shows just how much they appreciate and value the events and activities we help to organise."

You can find out about events in your neighbourhood by downloading the free What's On app by visiting **www.newham.gov.uk/communityevents**

London Borough of Newham
COMMUNITY NEIGHBOURHOODS

Newham London

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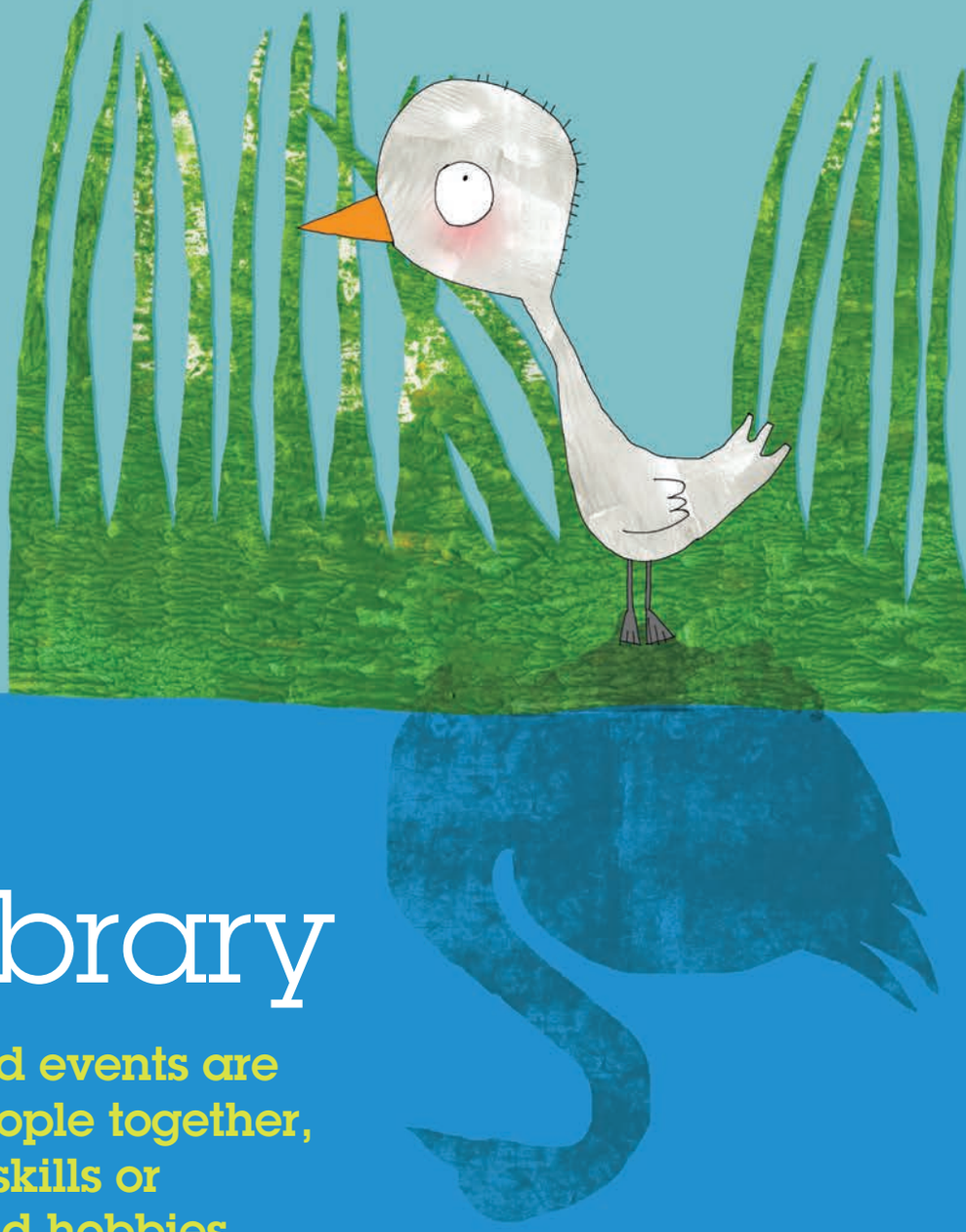


It's the Ugly Duckling – at the library

Community networks and events are important in bringing people together, whether they learn new skills or develop new interests and hobbies.

Newham Council believes in creating flexible spaces that can be used by all our residents and that is why we are locating many community activities, side by side, in our libraries.

"I hope everyone will take the opportunity to enjoy these plays, which I am sure will be a lot of fun."

During half-term week, 13-17 February, children and parents alike can look forward to rediscovering the joys of imaginative play with help from the Open Book Theatre Company which will bring to life the much loved story of The Ugly Duckling and other tales.

It is one of four stories by Hans Christian Andersen that will thrill audiences at libraries in the borough during the break. The others are The Emperor's New Clothes, The Nightingale, and Thumbelina. All performances are free and are suitable for children aged three and older.

Councillor Ken Clark, Cabinet member for building communities, public affairs, regeneration and planning, said: "These are tales loved by children through the ages and what could be a better location than the libraries that are full of activities to inspire and fire up the imaginations of our children. I hope everyone will take the opportunity to enjoy these plays, which I am sure will be a lot of fun."

The performances can be seen at the following libraries:

Tues 14 Feb, 5.30pm, The Gate
Weds 15 Feb, 11.30am, Green Street
Weds 15 Feb, 2.30pm, Manor Park
Weds 15 Feb, 5.30pm, East Ham
Thurs 16 Feb, 11.30am, Beckton
Thurs 16 Feb, 2.30pm, Custom House
Thurs 16 Feb, 5.30pm, North Woolwich
Fri 17 Feb, 11.30am, Plaistow
Fri 17 Feb, 2.30pm, Stratford
Fri 17 Feb, 5.30pm, Canning Town

To find out more about our libraries visit **www.newham.gov.uk/libraries**

London Borough of Newham
COMMUNITY
NEIGHBOURHOODS

Young help bridge the generation gap

Newham Council is committed to building a strong, cohesive community across the borough with a variety of events and initiatives, many of which are organised by our network of community neighbourhoods.

Working with children at Kensington Primary School, the Manor Park community neighbourhood team have launched a scheme that brings together local residents and young pupils.

> "It has broken down barriers and the children and older people now stop for a chat in the street when they meet"

Called Kensington Cares, the intergenerational project encourages older people to visit schools and share their life experiences with Year 5 and 6 students who are often eager to befriend them. It provides monthly lunches and activities where older residents are befriended by the schoolchildren.

The idea for the project came from a member of the adult social care team whose role is to support vulnerable and older residents and staff at the Manor Park Community Neighbourhood. They looked at ways the neighbourhood could alleviate social isolation and build on the highly successful Christmas hamper project by identifying older residents in the community who are living on their own, and matching them up with their neighbouring school.

Ben Levinson, head teacher at Kensington school, said: "This is an opportunity for us to get to know our neighbours, while helping in a small way to address social isolation among older local people. It has broken down barriers and the children and older people now stop for a chat in the street when they meet."

The project encourages people to not only come into a school to share their life experiences, but also offers them a chance to have a school lunch with Year 6 students who are keen to make new friends. This simple but effective scheme aims to help tackle social isolation in older people in a small way by linking residents with schools nearby to come together for company.

Kamla Chadda, 76, a local resident, said: "I love going back to the school. I have been living here for 40 years and my children went to Kensington Primary School too. The young children who manage Kensington Cares are so polite and are such good company for us, while we give them encouragement to do better in their school work."

> "The young children who manage Kensington Cares are so polite and are such good company for us, while we give them encouragement to do better in their school work"

Eileen Dorrington, 90, said: "I love the memories of school. I was a local teacher many, many, years ago, so going back makes me feel good inside to see the changes and technology. This project has helped me make new friends."

Councillor Ken Clark, Cabinet member for building communities, public affairs, regeneration and planning, said: "Everyone benefits from such a simple scheme. Many isolated pensioners enjoy finding out about the school, while the children learn so much about the history of where they live. This pioneering project is something that I hope more schools in Newham would like to participate in during 2017."

> "This pioneering project is something that I hope more schools in Newham would like to participate in during 2017"

Make the New Year about you!

Many of us have made some New Year resolutions. But even if you haven't as yet, now is the perfect time to commit to getting healthy – both mentally and physically.

Lots of us don't appreciate that good mental health requires a bit of effort – just like physical health. But sometimes we can get out of practice and things like worry, stress, anger and low mood can pile up on us, affecting our ability to enjoy life. Now is a good time to take stock of our mental wellbeing, and to think about whether we could get more out of life by adjusting the way we look at things.

If you have made a resolution, or even if you didn't get around to it, the team at Newham Talking Therapies has developed some tips for good physical and mental health that will help you to achieve your goals:

Be realistic

Review any resolutions that you've made and decide which goals are attainable and which aren't. For example, you can aim to be within a healthy weight range, rather than a specific dress or waist size.

Make a plan

Break your goal into step-by-step actions, setting a timeframe and reviewing your plan as you go.

Keep motivated

Make a list of pros and cons to help you focus on the benefits of sticking to your plan. Talk to friends and family about them. You are more likely to achieve your goals if others support you through the process.

Reward yourself

Celebrate success, however small or large, to keep the motivation going and help you stick to your resolution.

Overcoming setbacks

Don't beat yourself up for the occasional slip. Expect to occasionally fall back into your old habits but don't use it as a reason to give up on your goal completely.

Keep trying

Experts say that it takes 21 days for a new habit to be formed and six months for it to become a part of a lifestyle.

Lots of us don't really appreciate that good mental health requires a bit of effort – just like physical health

If you run out of steam, Newham Talking Therapies can help you stay on track and manage your progress. Or if you feel like ongoing issues in your life are becoming worse – like anxiety, feeling low all the time, phobias, anger, extreme shyness or relationship issues – make 2017 the year that you take the first step towards addressing these things.

Do you already have a mental health diagnosis?

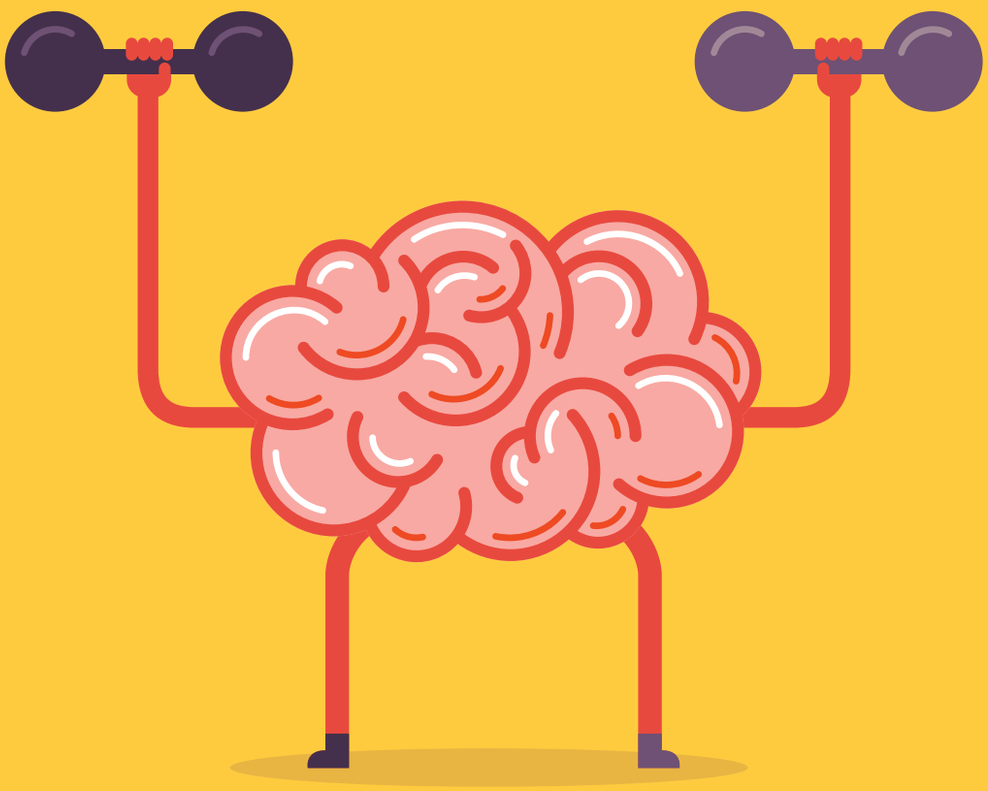
Newham Council's Adult Mental Health Access and Assessment Team (MHAAT) works alongside individuals with a mental health diagnosis to offer practical support, advice and guidance. The team can help develop an action plan that works for you. Some of the things they can offer support with include:

- **improving social life and links to the community**
- **developing skills for daily living**
- **exploring opportunities for work and training**
- **building resilience to cope with everyday life independently.**

To request an assessment from the MHAAT team, or for more information, email AdultMentalHealthAccess@newham.gov.uk or call 020 3373 0733.

Call Newham Talking Therapies on **020 8475 8082** or to find out more visit **www.newhamtalkingtherapies.nhs.uk**

You can also keep an eye on the Talking Therapies website for the new series of open classes and workshops, where you can pick up helpful tips and ways to stay well.



What's in your food?

be food smart change 4 life

Find out by downloading the FREE Be Food Smart app

Download on the App Store | GET IT ON Google Play

Search Change4Life

COMMUNITY Roadwatch

Newham London

Why are we running Community Roadwatch?

Newham Council is working with Transport for London, the City of London Police and the Metropolitan Police Service to reduce collisions on London's roads.

Community Roadwatch is designed to support wider police activity. It gives residents the opportunity to work with local police teams to make people aware of the dangers of travelling too fast on London's residential roads.

How to get involved

If you would like to take part in Community Roadwatch, or suggest a residential area where there are concerns around speeding, please contact **CommunityRoadwatch@tfl.gov.uk**

www.tfl.gov.uk/CommunityRoadwatch

CITY OF LONDON POLICE

METROPOLITAN POLICE

TRANSPORT FOR LONDON

Sex trade culprits will come unstuck

When Newham Council asked residents about the services that are most important to them, one of the things you rated highest was being able to live in a clean and pleasant borough. As part of our New Deal for residents, street cleansing teams are tackling the problem of unwanted stickers that are unsightly and cause offence.

The stickers make our borough look shabby. As part of the council's Keep Newham Clean campaign, street cleansing teams are tackling the problem head on with targeted operations to wipe them off street furniture and phone boxes. Phone numbers found on the stickers are being collated and we are working with the police to stop the numbers working.

The problem is persistent and very hard to police and we need to catch the perpetrators of this anti-social behaviour in the act. As part of Operation Miami, a joint operation with the Metropolitan Police, the council's enforcement partnership team has been hot on the heels of the culprits who responsible for posting the stickers as well as a host of other anti-social and criminal behaviours associated with the sex trade.

Councillor Forhad Hussain, Cabinet member for crime and anti-social behaviour, said: "It's a well-known fact that massage stickers spring from the sex trade. We have been running a joint planning enforcement and police operation, led by our planning team with information and intelligence gained from residents. Our officers are also targeting residential properties, and if people are running a business from the property they are in contravention of planning law."

The Keep Newham Clean campaign, which was launched last year, also includes:

- **Efficient and effective locally-delivered cleaning:** a better-quality, local service that is more responsive to what people in each neighbourhood want by creating local council-owned small businesses
- **Increased weekend street cleaning:** street cleaning takes place seven days per week in Newham
- **Encourage reporting:** through the Love Newham App residents can report fly-posting direct to the council
- **Spending more than £10 million a year on street cleaning**

Love Newham is our free phone app and website that allows you to report environmental issues directly to us. Find out by visiting www.newham.gov.uk/lovenewham

funded by Newham London

workplace
Creating a better future

Looking for employment or training opportunities?

Workplace offers free advice and support to Newham residents seeking employment, training and work experience opportunities.

Workplace has helped fill more than 33,000 jobs with Newham residents since 2007.

Speak to our engagement team for the latest opportunities.

020 3373 1101
www.newhamworkplace.co.uk
Workplace.EngagementTeam@newham.gov.uk
Workplace, 112-118 The Grove, Stratford, E15 1NS

Mayor of Newham

Public Health England

JEANS GETTING A BIT TIGHT FOR YOU?

SEARCH ONE YOU

Our lifestyles can be more unhealthy than we think. Take the One You health quiz to see how you score.

Musical is more than skin deep

Newham residents are the first to see the European premiere of The Bubbly Black Girl Sheds Her Chameleon Skin with the musical being performed at Theatre Royal Stratford East.

The cheeky and satirical coming-of-age story looks at how women have been identified by others and themselves from the 1960s to the present day, all set to an original score that fuses Motown, pop and R&B.

The musical, which is a joint collaboration between Theatre Royal Stratford East and Belgrade Coventry Theatre, is based on a book, music and lyrics by award winning writer of musicals Kirsten Childs.

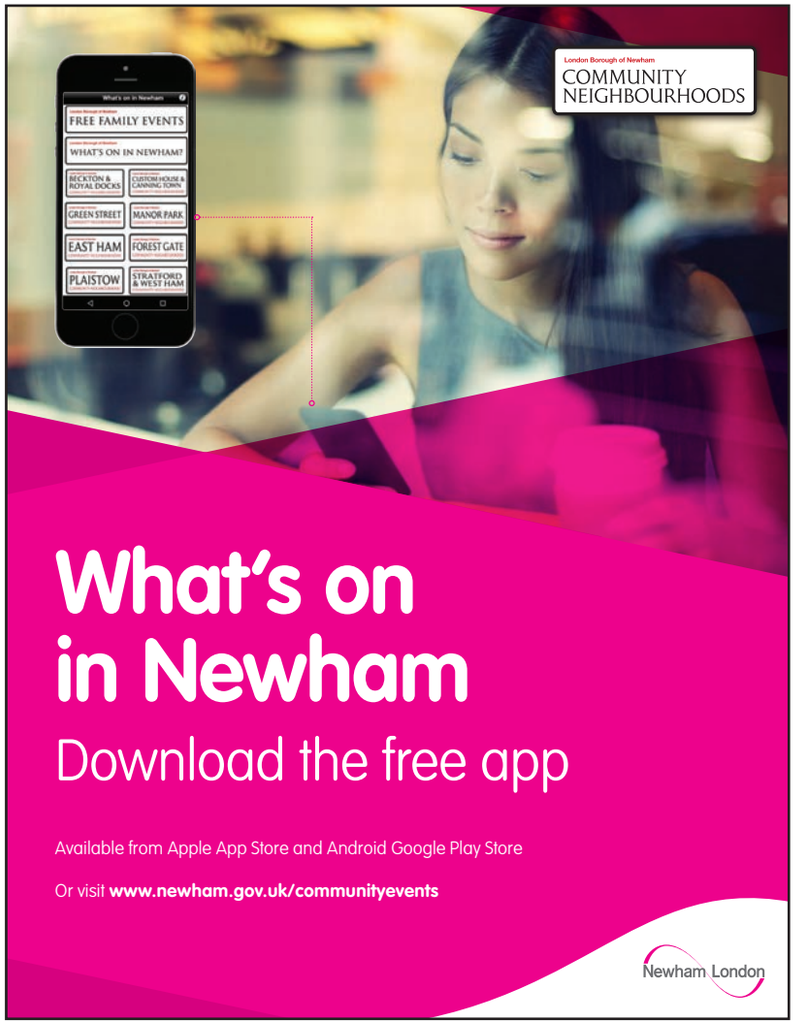
The central character is Viveca , a young American girl who dreams of becoming a dancer and the play follows her on her journey from school in the 1960s, to Broadway auditions. Because she is growing up during the time of the civil rights movement, Viveca discovers her own self worth by facing the realities of racism and sexism with faith and optimism.

Directed by Josette Bushell-Mungo, the chameleon in the title refers to the experiences of many black people who feel they live in a world where fitting in costs, so they change who are they are to fit other people.

Kerry Michael, artistic director at Theatre Royal Stratford East, said: “I saw the off-Broadway premiere of Bubbly back in 2000. The show speaks for itself and I think Kirsten’s story and point of view is as relevant now as it was then.

“I hope audiences enjoy our production as much as we are proud to present it.”

The play at Theatre Royal Stratford East will run until 11 March. For more information, visit **www.stratfordeast.com**



What's on in Newham

Download the free app

Available from Apple App Store and Android Google Play Store

Or visit **www.newham.gov.uk/communityevents**

Newham London

NHS
Aged 40-74? Find out about our **FREE** NHS Health Check
Even though you might be feeling great, if you're over 40 you may be at risk of heart disease, stroke, kidney disease, diabetes or dementia.

To find out more speak to your GP or visit **www.nhs.uk/nhshealthcheck**

NHS HEALTH CHECK

Helping you prevent
- diabetes
- heart disease
- kidney disease
- stroke & dementia

in partnership with Newham London

Community Neighbourhood Big clean-up days

Join us and get involved in the community clean-up day across Newham between 1-5 March.

Pop into your local library or look out in the next issue of the Newham Mag for further details.

Newham London

Newham London

Warm and Healthy Homes Fund

Hurry – offer ends soon

Free boiler replacement for residents with a long-term health condition.

For more info:
Email: elizabeth.ogunleye@newham.gov.uk
Call: 020 3373 1430

Limited offer, restrictions apply.

NEA Action for Warm Homes

NHS Newham Clinical Commissioning Group

Green gym is good for **mental fitness**

Newham Council's community neighbourhood teams organise events and initiatives with the aim of building resilient, cohesive communities. They support residents of all ages, backgrounds and abilities to take part in events and make new friends.

The Plaistow Community Neighbourhood team, working with a community volunteering charity TCV, launched an innovative 'Green Gym' to help improve the mental health of residents.

The Newham Green Gym will specifically focus on promoting individual resilience and wellbeing for people at risk of developing a mental health condition by taking part in a range of activities from planting trees and wildflowers to building nesting boxes for local wildlife.

The project at Greenway Orchard, at the junction with Boundary Lane adjacent to Newham University Hospital, is funded by the Department of Health and is delivered in partnership with mental health charity Mind.

Under the scheme – which is also supported by Newham Council, Newham University Hospital and Thames Water – TCV will deliver a weekly, free to join, Green Gym for the local community. The sessions will take place on Thursdays from 11am to 2pm.

> "The whole ethos of our community neighbourhood work is to build resilient and cohesive communities."

Councillor Forhad Hussain, Cabinet member for crime and anti-social behaviour and building communities (deputy), officially opened the Green Gym. He said: "The whole ethos of our community neighbourhood work is to build resilient and cohesive communities. Resilience is not just about being able to bounce back from a setback but having the skills and access to the necessary support to negotiate any challenges we may experience.

"Mental illness is something that can affect anyone. The Green Gym initiative is a fantastic example of partners working in communities to help tackle the issue."

To get involved in the project contact Plaistow Community Neighbourhood team on syed.haque@newham.gov.uk

TV show needs Blitz memories

Production is under way on a BBC series that will uncover hidden histories of The Blitz and researchers want to hear from residents of Newham's dock areas with stories to tell.

The programme is being made by Wall to Wall, who have produced living history series including Who Do You Think You Are?, and The Slum, which was filmed in Stratford.

The series will look at localities where bombs fell and the stories of tragedy, survival and heroism that followed. The first episode will focus on the docklands and researchers are interested in people with connections to Hallsville School or Martindale Avenue, which were hit in September 1940.

Send your story with the headline BLITZ, along with your name, age, address, and contact details to genevieve.blais@walltowall.co.uk or call 0203 301 8492. You can also write to Blitz Wall to Wall, 3rd Floor, 85 Gray's Inn Road, WC1X 8TX.

German Bombers over Custom House. 1940.

Cundy Road bomb damage

Curwen School choir sings at Young Voices

Budding singers from Curwen Primary School in Plaistow joined with 180 primary schools from across the country when almost 8,000 children took part in the Young Voices concert at The O2.

This is the second year the school choir has taken part in the event and children have been rehearsing since September.

Young Voices combines the power of singing together as one, with a wide range of musicians and artists, to create a memorable performance.

Swasthi Mahabeer, choir teacher, said: "Our singing was just one part of the performance. There was also the lighting show and dancing as well. All this when put together made it a night to remember."

Naomi Yeboah, a Year 5 pupil, said: "We had an awesome time again. It is my second time at Young Voices and I want to do it again next year."

Curwen's young singers

CHILDREN EXPLORE OUTER LIMITS WITH VIRTUAL REALITY

Coral reefs, jungles and outer space were brought to classrooms at a Manor Park school when internet giant Google helped children explore virtual reality.

As part of an outreach project spread over two days, using the Google Expedition App, 800 children from Avenue Primary School were given the opportunity to explore and enter virtual worlds that they would only see through books. They strapped special cardboard boxes connected to phones to their heads.

Teachers at the school linked the different expeditions with the curriculum to enhance pupils' learning and give them the opportunity to go on a unique journey.

Farhat Munshi, computing leader who organised the project with Google, said "The pupils had a mesmerising experience of a lifetime and it had a positive impact on their work. It was a wonderful opportunity for pupils to acquire an insight into the marvels of our world and beyond."

Young explorers

The Year 7 team

Basketball aces are national champs – again

St Bonaventure's Year 7 basketball team have been crowned the Junior NBA Champions for the second year in a row.

The team triumphed in the final against Harris Academy from South Norwood, to win the tournament with a score of 30-0. Schools from both within London and outside the capital took part in the competition.

Aaron Senior, teacher and basketball coach at the Forest Gate school, said: "It was a wonderful opportunity for our Year 7 students to experience. When they joined school back in September I bet they never imagined they would be playing on the same floor as NBA stars and at the iconic O2 Arena.

"The boys represented themselves and the school excellently, and all their hard work on fundamentals paid off. Watching the NBA stars play in the Global Games at the end of the day at the magnificent O2 Arena topped it all off wonderfully. It was an exhausting but brilliant day."

NEWVIC STUDENTS REMEMBER HOLOCAUST

More than a hundred NewVIc students from history, childcare and health and social care courses attended a Holocaust Memorial Day Trust Event held at Stratford Picture House.

They watched a video featuring original footage of the Kindertransport, a unique humanitarian programme which evacuated approximately 10,000 children. The majority of them were Jewish and were sent from their homes and families in Germany, Austria and Czechoslovakia to Great Britain.

It was followed by speakers Ann Kuhn and Bob Kirk who were brought to the UK by Kindertransport. They left their audience with the thought: "It is good to understand the past, and what has happened so that it cannot happen again in the future. Show understanding and sympathy; show us how to live again. We all deserve dignity, respect, love and support, no matter what religion and colour you are".

Speakers Ann Kuhn and Bob Kirk

Kids' Corner

PLEASE SEND OR EMAIL YOUR DRAWINGS, JOKES AND POEMS TO:
KIDS' CORNER, WEST WING
4TH FLOOR, NEWHAM DOCKSIDE
1000 DOCKSIDE ROAD, LONDON E16 2QU
or newham.mag@newham.gov.uk

Don't forget to add your full name, age, address and contact number with your entry. We cannot return any entries.

GALLERY

Kai Yun Wong, 3

Nnabueze Obi, 8

Arman Isaac Espidol, 6

Yuan Yiquian, 6

Win free membership at Stratford Picturehouse

This issue's winner receives a free family ticket at Stratford Picturehouse, which includes a kid's popcorn and drink.

To be in with a chance of winning this prize send or email your pictures, jokes and poems to **Kids' Corner, West Wing, Fourth Floor, Newham Dockside, 1000 Dockside Road, London E16 2QU or newham.mag@newham.gov.uk**. Don't forget to write your full name, age, address and contact telephone number with your entry. **Good luck!** Visit **www.picturehouses.co.uk** to see what's on.

Stratford Picturehouse, Theatre Square, E15

Colour-me-in Wordsearch

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AA Milne
Anne Fine
Books
David Walliams
Harry Potter
Jacqueline Wilson
Novels
Reading
Roald Dahl
Stig Of The Dump
The BFG
Tracy Beaker

Jokes

Q What do you get if you cross a dinosaur with a firework?
A Dinomite!

Q Why don't polar bears eat penguins?
A Because they can't get the wrappers off.

Q Why did the dog chase his own tail?
A He was trying to make ends meet.

Q What is a witch's favourite subject at school?
A Spelling!

Two goldfish are in a tank – one turns to the other and says: **Do you know how to drive this thing?**

Q. Why do you go to bed every night?
A Because the bed won't come to you!

Q What has a spine but no bones?
A A book!

Q How do you make a witch itch?
A Take away the W!

WHAT'S ON?

Download our What's On app at www.newham.gov.uk/neighbourhoodevents

OUR THRILLING THREE...

1. **Jazz night** – Come and enjoy free local music. Residents of all ages are welcome. Friday 24 February, 5-7.30pm at Manor Park Library, 685-691 Romford Road, Manor Park, E12.

2. **Ballroom Dancing** – Free session for over 18s only. Tuesdays, from 2-3pm, Beckton Community Centre, Manor Way, Beckton, E6.

3. **Sow, Grow and Create event** – You will be sowing seeds, creating arts and crafts and enjoying cake and biscuit decorating. Free for all the family, under 8s must be accompanied by a responsible adult. Tuesday 14 February, 2-4pm, North Woolwich Library, 5 Pier Parade, Woolwich, E16.

DIABETIC SUPPORT SESSION

Get friendly advice from professionals and tips on a healthy lifestyle. Third Friday of the month, 5.30-7pm, Manor Park Library, 685-691 Romford Road, Manor Park, E12.

TRY SOMETHING NEW... BABY YOGA

Free, five week course. Register through Rebecca Cheetham Children's Centre, 020 8534 3136. Learn the benefits of baby yoga for babies aged 16 weeks to mobile. Begins Wednesday 22 February. 1-2pm, Stratford Library, The Grove, Stratford, E15.

Indicates free sessions

Libraries unless stated.

UNDER-FIVES

Toy Library
Introducing toddlers to borrowing toys. Thurs, 11am-12pm, Beckton

Storytelling
Mon, 11-11.45am, Tues, 10.30-11.30am, Beckton; Tues, 10.45-11.30am, Canning Town; Tues, 10.30-11.30am; Thurs, 10-10.30am, East Ham; Tues, 11am-12pm, Fri, 11am-12pm, Stratford; Fri, 10.30-11.30am, Manor Park; Tues, 10.30-11.30am, The Gate; Sat, 11.30am-12.30pm, Green St; Tues, 10.30-11.15am, Thurs, 2-3pm, Plaistow; Tues, 10.30-11.15am, North Woolwich

Stay and Play
Support for parents and carers to develop their child through play. Tues, 9.30-11.30am, Jeyes C.C; Fri, 2-3pm, Sat, 12-1pm, Green St; Weds, 10am-12pm, Thurs, 9.30-11.30am, Sat, 11am-1pm, Stratford; Thurs, 1.30-3.30pm, Jack Cornwell C.C.

Jiggaree Session
Fri, 10-11am, Jeyes C.C.

Reading Together
Thurs, 2.30-3pm, Custom House

Bumps and Babies
Fri, 2-4pm, The Gate

Move It To Music
Interactive session for children, parents and carers to dance to get active with music and dance. Mon, 1.30-2.30pm, Stratford

Baby Massage
Five-week course. Register at Rebecca Cheetham Children's Centre on 020 8534 3136 Weds, 1-2pm, Stratford

Toddler and Parent Dance
For carers and children under six to dance to cartoons and videos. Mon, 2.10-3pm, Fri, 3.30-4.20pm, Green St

Music and Movement For children and parents or carers to get active using different types of dance and instruments. Tues, 9am-12pm, Plaistow

Sensory Storytelling Second and fourth Fri of month, 1-2pm, Green St

Bumps and Bundles Group Interactive session for parents and carers of babies under 18 months. Mon 10am-12pm, Stratford

YOUNG PEOPLE

Games Club (7-16yrs) Sony PS3, XBox360, Nintendo Wii, board games and more. Tues, 3.30-5.30pm, Custom House; Weds, 3.30-5pm, The Gate; Thurs, 4-6pm, Canning Town

Young Readers Club (7-12yrs) Tues, 4-5.15pm, North Woolwich

East Ham Youth Zone Sony PS4, DJ decks and other activities. Tues, 4-7pm, East Ham

Froud Young Project (7-16yrs) Mon, 3.30-5.30pm, Jack Cornwell C.C

Arts and Craft Workshop (6-12yrs) Mon, 4-5pm, Beckton; Sat 2-3pm, Canning Town; Sat, 2.3pm, Custom House; Sat, 1-2pm, Tues, 4-5pm, Green St; Thurs, 6-7.30pm, Manor Park; Sat, 2-3pm, North Woolwich; Tues, 3.30-5pm, Plaistow

Just Dance! (up to 12yrs) Sat, 5.30-6.30pm, Green St

Family Fun Night Arts, crafts, games and quizzes. Weds, 5.30-7.30pm, East Ham

East Ham IT Youth Zone Support in using IT for homework and fun. Mon, 4-7pm, East Ham

Family Movie Club Sat, 4-5.30pm, Green St (up to 12yrs); Sat, 2-4pm, Plaistow; Sat, 5.30-7.30pm, East Ham; Thurs, 4-7pm, North Woolwich; Sat, 4-6pm, Manor Park; Tues and Sat, 4.30-6.30pm, Beckton Globe; Fri, 4-6pm, The Gate

Young People's Positive Activities (9-19yrs) Weds, Fri, 7-9pm, Harold Rd Centre

Time-2-Craft (16yrs+) Various handicrafts. Sat, 10am-12pm, Stratford

Children's Movie Club (5yrs+) Thurs, 4-7pm, North Woolwich; Sat, 4-6pm, Manor Park; Tues, Sat, 4.30-6.30pm, Beckton; Fri, 4-6pm, The Gate

Table Tennis Mondays Meet new people and try your hand at table tennis. Mon, 4-7.30pm (children), The Gate

Lego Club Create Lego models based on weekly themes, Sat, 3-4pm, The Gate.

Wii games and karaoke For entire family, 3-13yrs, with parents. Weds, 3.30-5pm (Wii games)

Science Club Thurs, 4-5pm, The Gate

Gymnastics Classes For boys and girls at Talent Central Cheer and Dance, Unit 27A, Gallions Reach Shopping Centre, E6. Tues and Thurs, Age 3+, 9.45-10.45am, 2pm-3pm; Weds, home school, 9.45-10.45am; Fri, mothers and babies, 10-10.45am. Call 0742 815 4301 to book.

Tae Kwando Club Contact khanqukblackbelt@yahoo.co.uk or call 07984 684 805 for more info. Fri, 6.45-7.45pm, Green St.

The Chill Spot (11-19yrs) Activities include table tennis, discussions, creative workshops. Mon, Weds, 3-6pm, Stratford.

Story Building Through Physical Exercise and Song Develop your story building and performance skills. Pre-booking required. Fridays until 24 Feb, 57.30pm, East Ham

Drama Theatre (13+) Free drama workshop. Weds, 4.45-6.15pm, Plaistow

Street Dance (13+) Weds, 5-6pm, Plaistow

Code Club (7-11) Scratch, Python, Cartoons, Websites and more. Bring your laptop if you have one. Booking required. Sat, 10-11am for beginners or 11am-12pm for improvers. Custom House

ACTIVITIES AND SUPPORT

Afternoon Tea Weds, 4-5.30pm, Canning Town

Chess Club Tues, 3.45-5.15pm, Beckton; Mon, 5.30-7.30pm, and Thurs, 5.30-7.30pm, East Ham; Thurs, 5.30-7.30pm, Stratford; Tues, 1-2pm (adults), 5.30-7.30pm (children), The Gate; Thurs, 5-6pm (beginners), Thurs, 6-7pm (improvers), Custom House; Weds, 5-6pm, (children), Weds, 6-7pm (adults), Canning Town; Weds, 5.30-7.30pm, Green St

Coffee Mornings Tues, 11.30am-1pm, Beckton; Mon, 11am-12.30pm, North Woolwich; Thurs, 10.45am-12pm, Canning Town; Tues, 11am-12.30pm, Custom House; 2nd Tues of month, 10.30am-12pm, Manor Park; Fri, 11am-12pm, Green St; Weds, 15 Feb, 11am-1pm, East Ham; third Tues of month, 10.30am-12pm, Plaistow

Do It Online (18yrs+) Computer classes. Weds, 2-3.30pm, Beckton; Tues, 10am-12pm, East Ham; Weds, 2-4pm, Stratford; Tues, 2-3.30pm, North Woolwich; Thurs, 1.15-2.15pm, Custom House; Tues, Thurs, 11am-1pm, Green St; Weds, 10am-12pm, Plaistow

Knit & Natter (16yrs+) Fri, 10.45am-12pm. Canning Town; Weds, 10.30am-12pm, Beckton; Tues, 10.30am-12.30pm, Manor Park; Fri, 10am-12pm, East Ham; Weds, 10.30am-12.30pm, Green St; Fri, 10am-12pm, Plaistow

ICT Drop-in Session Set up a My Newham profile and create an email account. Weds, 11-1pm, The Gate; Mon, Weds, Sat, 9.30-11am, Stratford

Life in the UK Classes Support for people taking the life in the UK test and B1. Call 0208 542 3904. Tues, 10am-12pm, Beckton; Fri, 12.30- 2.30pm, Green St; Weds, 10am-12pm, East Ham; Tues, 12.30-2.30pm, Stratford; Weds, 12.30-2.30pm, Plaistow

ESOL for Beginners For adults seeking to improve their English. Mon, Fri, 9.30am-11.30am, Field C.C; Tues, 9.30-11.30am, Weds, 9.30-11.30am, Jack Cornwell C.C

Citizens Advice Sessions Sessions on money management. 1st Mon of month, 11am-1pm, Manor Park

Basic Computer Skills Fri, 10.30am-12.30pm, Manor Park

My Newham Workshop Register with My Newham and access council services. Tues, 6-7.30pm, Manor Park; Mon, 11.30am-12.30pm,

English Conversation Club Practise spoken English. Tues, 10.30-11.30am, Beckton; Mon, 6-7.30pm, Weds, 10.30-11.30am, Manor Park; Thurs, 3-4pm. Rabbits Rd Institute; Sat, 10am-12pm, Stratford; Mon, 10-11am, Jeyes C.C; Mon, 10-11am, Plaistow

Stratford London Toastmasters Public speaking club. First and third Mon of month, 6-8pm, Stratford

Docklands Drop-In Group Weds, 1-3pm, Beckton C.C.

Model Train Workshop Mon, 2-3.30pm, North Woolwich

Basic English for Beginners Tues, 12.30-2.30pm, Green St

Poetry Group (16+) Sat 11am-1pm, Mon, 6.30-7.30pm, Stratford; Weds,

6-7.30pm, East Ham; Thurs, 6-7.30pm, Green St. Email sonesquin@hotmail.com

International Lunch Club
£3 per meal. Mon, 12pm, Beckton C.C

Dominoes
Sat, 2.30-7pm, Beckton

Conversation/debate Class for ESOL Improve your spoken English with friendly beginners conversation and debate club. Thurs, 6-7.30pm, Stratford; Tues, 6-7.30pm, Canning Town.

Memory Lane Café
For people with dementia and their carers. First Fri of month, 1.30-3.30pm, Stratford; Last Thurs of month, 1-3pm, East Ham; 3rd Weds of month, 12-3pm, Jack Cornwell C.C

Hatha Yoga (18yrs+) Bring your own mat. £3. Fri, 10.45am-12.15pm, Jack Cornwell C.C

Table Tennis Mondays
Mon, 11am-4pm, The Gate

Board Games for Adults (18+) Carrom Board, chess and other board games for adults. Thurs, 5.30-7.30pm, The Gate

Time for Technology
Fri, 2-3.30pm, The Gate

Chair Based Exercise Group
For all adults. Gentle stretches and exercises for all abilities. With qualified teachers. Mon, 12.30-1.30pm, Green Street.

Textile Arts
Group with qualified teachers to learn and improve in embroidery, all ages. Mon, 6-7.30pm, Green St

Workplace Drop-Ins
For residents seeking employment to discuss job vacancies, training etc. Fri, 10.30am, Green Street; Mon 23 Feb, 2-5pm, Canning Town; Tues 14 Feb, 2-4pm, The Gate. For more details email: rehana.b@newham.gov.uk

Embroidery and Textile Club (16+) Learn new sewing skills or find new ways to make things using textiles. Thurs, 10.30am-12.30pm, embroidery; Thurs, 6.30-7.30pm textiles, Manor Park.

Book Club and Creative Writing Group (15+)
Bestselling author of The Baby Ganesh Detective Agency Series, Vaseem Khan, hosts this event. Tues, 6-7.30pm, Manor Park (until April)

Creative Writing and Poetry Group (16+) Thurs, 6.30-7.30pm, Canning Town

An app a day
Learn how to make the most of your devices. Thurs, 6-7.30pm, East Ham. Mon, 6-7.30pm, Canning Town.

Every Child a Musician Karaoke Choir All ages welcome. Sat, 6-7pm, Canning Town

Drop in Embroidery Class (50+) Join our friendly embroidery group. No previous experience necessary, materials supplied. Mon, 11.30am-1.30pm, East Ham

Pampering workshop for adults Skin care, nail art or make your own products. Tues, 6-7.30pm, East Ham

Pop In Bingo (18+)
Come and join with your local community and get ready to shout Bingo. £1 per book. Tues, 1-2pm, North Woolwich

Board Games for Adults (15+) Play and learn about board games. Thurs, 5.30-7.30pm, The Gate

COMMUNITY ACTIVITIES

Mums2be Meetup
Information and support for expectant parents. Third Sat of every month, 10-11am. Email newham@nct.org.uk

Mums, Bumps and Babies
Fri in various cafes around Newham. Visit www.netmums.com or email jojostevie@live.com

ManorFam
Brings families together to make friends. Mon, 10.30am-12.30pm, Manor Park

Singing for Health
Tues, 2pm, Jack Cornwell C. C

BOXING AND SELF DEFENCE

Boxing (Newham College)
Mon, 5-6pm, East Ham College, High St South, E6

Fight For Peace Boxing
Mon to Fri, 4-5pm 10-14yrs; Mon to Fri, 5-9pm, 14+yrs Woodman St, North Woolwich, E16. Call 020 7474 0054

Boxing and Self Defence
Tues, 5-6pm (16+), 4-5pm (6-11yrs), Jack Cornwell C.C

West Ham Boys ABC
Mon, Weds, Fri, mixed (8-16yrs), 5-6pm, Sat, boys (6-11yrs), 10-11am, girls (7-16yrs), 11am-12pm, £2. 2 London Rd, E13. Call 020 8472 3614

Martial Arts (7-12yrs)
£2. Tues, 6.45-7.45pm, Thurs 4.45-5.45pm, Beckton

Martial Arts
Learn new skills, self defence. Adults, £3. Thurs, 6-7pm, Beckton Globe; Sat, 2-4pm, Beckton C.C.

Self Defence/Martial Arts
Learn new skills with our, fun, mixed martial arts classes. Open to all ages and abilities. Fri, 6.45-7.45pm, Stratford

Bootcamp and Karate
Tues, 5-6pm, Bootcamp; Thurs, 5-7pm, Karate, both at Newham College, Stratford Campus, Welfare Rd, Stratford

HEALTH AND FITNESS

Salsa Dancing (18yrs+)
Mon, 3.15-4.45pm, Beckton C.C; Tues, 11.45am-12.45pm, Field C.C

Nordic Walking Weds, 9.15-10.30am. Meet at Field C.C. Not suitable for wheelchairs.

Tai Chi Class
Fri, 10-11am, Beckton C.C.
Fri, 11am-12pm, The Gate.
Fri, 5-6pm, Beckton Globe;
Fri, 11am-12pm, Forest Gate;
Thurs, 6-7pm, East Ham

Yoga
£5. Thurs, 6.30-7.30am, Grassroots; Free. Mon, 6-7.30pm, Beckton; £1. Weds, 6-7.30pm, East Ham; Sat, 10am-12pm, Plaistow; Mon, Tues, 6-7.30pm, Green St; Thurs, 6.15-7.45pm, The Gate; Tues, 1.30-3pm, Stratford

Tone-Tastic (18+yrs)
Mon, 2-3pm, Weds, 9.30-10.30am, Field C.C

Aerobics
Tues, 9.30-10.30am, Jack Cornwell C.C £2

Keep Fit to Salsa (18+)
Sat, 2.30-5pm, The Gate

Walking Group
Meet at the library. Sat, 10am-11am, Plaistow

Stroke Club (18+)
For men and women living with the effects of stroke. Weds, 2-5pm, Katherine Road C.C; Fri, 1.30-3.30pm, Jack Cornwell C.C.

Relaxation & Yoga
Weds, 1.30pm-2.45pm, Well Community Centre, Vicarage Lane, East Ham.

Zumba classes
London Tamil Sangam Centre, 369 High St North. Thurs, 7-8pm, £5 per class. Call 07720 805505

Mixed Ability Dance Group
Learn new dance jam moves and make new friends in our monthly group, open to all abilities. Weds, 5.30-7.30pm, Stratford.

Gentle Exercise (18+)

Thurs, 10-11am, East Ham

Hula Hooping
Fun hula hooping sessions. No experience needed. Weds, 6-7pm (18+), Stratford; Tues, 5.30-6.30pm (all ages), East Ham

Flamenco Dancing
Flamenco dancing session, suitable for all ages. Sat, 11am-12pm, East Ham.

Adult Drama Workshop
Mon, 6-7.30pm, East Ham

50+ ACTIVITIES

Bingo (50+yrs)
Mon, 1-2pm, Beckton C.C; Mon, 12-4pm, Jeyes C.C; Thurs, 7-9pm, Jack Cornwell C.C

ICCAN
Faith based group with cultural activities. Fri, 12-2pm, Jeyes C.C

Active Centre 50+ Group
Weds, 12-4pm, Field C.C; Mon, Weds, Fri, 1.30-4pm, Beckton C.C.

Dominoes Group
Fri, 5-9pm, Field C.C; Weds, 1.30-4.30pm, Plaistow

Chair Based Yoga
Tues, 12.30-1.30pm, Manor Park

Forever Young
Enjoy community activities and make new friends. Weds, 11am-1pm, Beckton; Weds, 10.30am-12.30pm, Field C.C.

Happy Living Club
Indoor/outdoor activities. Tues, Weds, 1.30-5.30pm, Jeyes C.C

Holiday Spanish Club
Weds, 12.30-1.30pm, Manor Park

Walking Football
Email: dgheerawo@westhamunited.co.uk or call 07803 201299. Tues, 10-11am, Priory Park

Get Active, Get Healthy, and Exercises for Fitness Thurs, 11-12pm, Jack Cornwell C.C.

Get Active, Get Healthy – Walk to the Park
Mon, 10.30-11.30am, Manor Park

Community Food Growing Project
Weds, 10am-12pm, fortnightly, East Ham

Community Cooking Project Six-week course. £6. Tues, 10am-12pm and 12.30-2.30pm, East Ham

Pilates Class
Tues, 9.30-10.30am, Field C.C

Chair Based Exercise
For all fitness levels. Fri, 10.30-11.30am, East Ham, Tues, 5-6pm, Stratford, Weds, 10.45-11.45am, Community Road Centre, E15

Fitness for 50+
Fitness circuit, mixed, 9.15-10am, Thurs; Fitness circuit, mixed, 10-10.45am, Thurs; Zumba, 1-2pm, Tues, ladies only; Exercise for ladies, 9.30-10.30am, Fri; Exercise for ladies, 10.30-11.30am, Fri, yoga for ladies, 1-2pm, Fri. Katherine Road C.C; Tues, 11am-1.30pm, Beckton C.C.

Games and Friendship Club Chat and make friends over games and a cuppa. Thurs, 11am-1pm, East Ham

East Ham Strollers
Learn about local heritage and discover hidden gems with gentle walks. Thurs, 1.30-3.30pm, East Ham

Weekly Tea Dance
Weds, 2.30-4pm for 10 weeks. The Hub C.C

Functional Fitness
Build the total-body strength you need for everyday life with this practical program. Tues, 6-7pm, Stratford.

Pilates and Back Care Class
Mon, 10-11am, East Ham

Art Class
Booking essential. Fri, 11am-1pm, The Gate

GREEN

Green Gym Weds, 10am-1pm, and last Sat of month, meet at Visitor Centre in East Ham Nature Reserve, Norman Rd, E6. Call 07845 973156

Green Volunteering Tues and Thurs, 10am-2pm Silvertown Wy, E16 (opp. Hallsville Rd)

Garden Club
Tues, 1-3pm, Thurs, 4-7pm, Sat, 10am-4pm, Abbey Gdns, Bakers Row, E15

Gardening Thymes Gardening Club Fri, 11am-1pm, Bowling Green,Central Park, High St South, E6

Caravanserai Garden Volunteering Thurs and Sat, 11am-3pm, Silvertown Wy, E16. For information call 07773 863384

Community Gardening Tues, 11.30am-2.30pm, St John's Green Community Garden

Greenway Orchard Volunteering Join the Green gym with some gardening. Thurs, 11.45am-2pm, Greenway at the access point on Boundary Road, Plaistow, E13

Foraging Walks Planning Meetings Help plan and take part. Foraging and helping to cultivate the appreciation of nature. Suitable for all age groups, under 8s must be accompanied. Thurs, 6-8pm, North Woolwich Newham College

DOORSTEP CLUBS

Call 0300 124 0123. unless otherwise stated.

Athletics Club (14yrs+)
A multi-sport session focusing on athletics, football and the gym. Tues, 6-7pm, Newham Leisure Centre, E13. Call 07718 394756

Gym & Basketball (14yrs+)
Tues, 6-10pm, £2, Rokeby School, Barking Rd, E16

FEMALE SPORTS

Basketball Sessions
Tues, 4-5pm, Chobham Academy, 40 Cheering Ln, E20

Female Boxfit (14yrs+)
Mon, 4.15-5.15pm, Balaam Leisure Centre, E13. Call 07970 783526

Girls Group Cycling (11-15 yrs)
Tues and Thurs, 5-5.30pm, Newham Leisure Centre, E13

Modern Arnis Martial Arts (16yrs+) Tues, 5-6pm. Call 07473 030250. Jack Cornwell C.C

Female Only Gym Sessions
Mon, 3-4pm, 16-25yrs. Mon and Weds, 7.30-10.30pm. Tues and Thurs, 12-1.30pm. Sun, 3-5pm, 11-15yrs, Newham Leisure Centre, E13. £4.65

Get Back into Netball
Tues, 6-7.30pm, juniors; 7.30-9pm, seniors. £5. Lister Community School, E13. Email: opanetballclub@hotmail.com

Abs Blast (11-15yrs)
Thurs, 5.30-6.30pm, £3.10, Newham Leisure Centre, E13

Fun Female Fitness (14yrs+)
Weds, 5-6pm, Newham College, East Ham Campus, E6 6ER. Email: sports@newham.ac.uk

Female Only Zumba
Tues, 6-7pm, Forest Gate Community School, Forest Ln, E7. Thurs, 6.30-9pm, The Well C.C, Vicarage Ln, E6. £1. Call 07741 292893; Thurs, 10.15-11.15am, Stratford, £2.50; Mon, Weds, 6.30-7.30pm, Asta Community Hub, 14A Camel Rd, E16 2DE. £2.50

Dare2Dance (12-16yrs)
Street dance, Fri, 3.30-5.30pm, Newham Leisure Centre, E13

SPORTS AND PHYSICAL ACTIVITIES FOR DISABLED PEOPLE

Ability Club (14-25yrs)

Multi sports for disabled young people. Weds, 5.30-6.30pm and Fri, 4.45-6pm, NewVic, E13

Swim for Families Dealing with Autism
Weds, 4-5pm, Balaam Leisure Centre, E13. Call 0300 124 0123

Family Swims
Sat, 4.30-5.30pm, Newham Otters Swimming Club, Newham Leisure Centre, E13. Call 0300 124 0123. Sun, 12.30-2pm, Family Swim, Balaam Leisure Centre, E13. £5. Call 0300 124 0123.

Get Fit for Free
Tues, 1.30-3.30pm and Fri, 10am-12pm. Gym for people with learning disabilities. Newham Leisure Centre, E13. To book induction call 0300 124 0123

RUNNING AND ATHLETICS

Beckton Park Run
Sat, 9am, Beckton Park South, E16. Call 07718 394756 www.parkrun.org/beckton

East End Road Runners
Tues and Thurs, 7pm. Sun, 9am. Meet on the track. Coached sessions for all abilities. Newham Leisure Centre, E13. Call 07979 261647.

Running and Athletics
The Beagles Academy Athletics for schools, Years 2 to 7. Visit www.beaglesacademy.com for more details

SPORTS

Cricket (14yrs+)
Tues, 6-8pm, Newham Sixth Form College, E13. Call 07476 269226

Black Arrows Badminton Club *Adults: Fri, 7-9pm, Juniors: Sat, 10am-12pm, £3.70, East Ham LC. Adults: Weds, 7-10pm, UEL SportsDock. Call 07932 037173*

Adult Tennis (16+)
Sat, 9-10am, 10-11am, 11am-12pm, Central Park (tennis courts), High St South, East Ham, E6 6ET. Sun, 9-10am, 10-11am, 11am-12pm, Stratford Park (tennis courts), West Ham Ln, Stratford, E15 4PT Contact: michelle.daniel@activenewham.org.uk 07741 293513

FOOTBALL

AIR Football (16yrs+)
Tues, 1-3pm, Fri, 10am-12pm, Memorial Park, Memorial Ave, E15. Fri, 3-5pm, Beckton Powerleague, E6. Visit www.airfootball.co.uk

Football and Athletics
Thurs, 4-5.30pm, Britannia Village, 65 Evelyn Rd, E16

Mayor's Football League
U10yrs, U12yrs, Mon, 4.30-6pm, U16yrs, U18yrs, 6-7pm Newham Leisure Centre, E13

Premier League (16yrs+)
6-a-side (4 subs) Weds, 7-10pm, Newham Leisure Centre, E13

WHU Kicks
Mon, Tues, Fri, 4-7pm, WHUCST, Beckton 3G, 60A Albatross Cl, E6. Thurs, 6.30-7.30pm, Little Ilford Learning Zone, 1 Rectory Rd, E12. Thurs, 6.30-7.30pm, Stratford Park MUGA, West Ham Ln, E15. Sat, 10.30am-12pm, Newham Leisure Centre, E13

Ascension Football
Sat, 9.15-10.45am, £3, reception to year 11. Royal Docks School, Prince Regent Lane, E16. Call 07806 584925 or 020 7511 1232

BASKETBALL

Basketball & Multi Sports
Fri, 5-6.30pm, 8-19yrs, Snowshill MUGA, Snowshill Rd, E12

Basketball Sessions
Thurs, 5.30-6.30pm, Little `Ilford Learning Zone, 1 Rectory Rd, E12

National League
Mon, 6-8pm, U13/14yrs, Tues, 6-8pm, U15/16yrs, Rokeby School, E16. Thurs, 4.30-6pm, U13/14yrs boys, U14yrs girls; 6-8pm, U16yrs, Newham Leisure Centre, E13, 6-8pm, U18yrs, Cumberland School, E13

NCFE Sports – Basketball
Thurs, 5-7pm, East Ham Leisure Centre. To register email: sports@newham.ac.uk or call 020 8257 4255

Senior Programme
Mon, 7.30-9.30pm, Division 2 women and division 3/4 men. Rokeby School, E16. Call 07947 401616

Basketball
Tues, 5.30-6.30pm, Forest Gate Community School, E7 9BB. Email: sports@newham.ac.uk

COMMITTEE MEETINGS

Meetings take place at Newham Town Hall, Barking Road, E6, unless otherwise stated.

Tues, 14 Feb, 3.30pm, *Newham Partnership – Children and Young People Trust, Newham Dockside, 1000 Dockside Road, E16 2QU*
Weds, 15 Feb, 6.30pm, *Investment and Accounts Committee*
Thurs, 16 Feb, 5pm, Cabinet; ***5.05pm,*** *Mayoral Proceedings*
Tues, 21 Feb, 7pm, *Strategic Development Committee, Council Chamber, Old Town Hall, Stratford, E15*

CONTACT THE MAYOR

Here to Help sessions
Please register 30 minutes before session starts.
Tues, 21 Feb, 5pm, *Newham Town Hall*

Telephone surgery
Weds, 22 Feb*. Please call 020 8430 2000 between 10am and 11am*

CONTACT DETAILS

LIBRARIES & COMMUNITY NEIGHBOURHOODS

Beckton Globe *1 Kingsford Wy, E6*
Canning Town *Barking Rd, E16*
Custom House *Prince Regent Ln, E16*
East Ham *328 Barking Rd, E6*
Green Street *337-341 Green St, E13*
The Gate *2-6 Woodgrange Rd, E7*
Manor Park *685-691 Romford Rd, E12*
North Woolwich *5 Pier Parade, E16*
Plaistow *North St, E13*
Stratford *3 The Grove, E15*
Archives and Local Studies *020 3373 6881*
Community Outreach *020 337 30813*
Church of God *37 Manor Park Road, E12, 020 8911 9494*

LEISURE & SPORTS VENUES

Atherton Leisure Centre *189 Romford Rd, E15*
Balaam Leisure Centre *14 Balaam St, E13*
East Ham Leisure Centre *324 Barking Rd, E6*
Newham Leisure Centre *281 Prince Regent Ln, E13*
NewVic *Prince Regent Ln, E13*
UEL SportsDock *Docklands Campus, University Wy, E16*

COMMUNITY CENTRES (C.C)

Beckton Community Centre *14 Manor Wy, E6, 020 7511 1214*
East Ham Market Hall *Myrtle Rd, E6 1HY, 020 8471 0292*
Field Community Centre *147 Station Rd, E7 020 8536 2800*
Grassroots Centre *Memorial Park, Memorial Ave, E15, 020 3373 0650*
The Hub *123 Star Ln, E16 020 3373 0750*
Jack Cornwell Community Centre *Jack Cornwell St, E12 020 8553 3459*
Jeyes Community Centre *1 James Cl, E13, 020 3373 2205*
Katherine Rd Community Centre *254 Katherine Rd, E7, 020 8548 9825*
St Mark's Community Centre *218 Tollgate Rd, E6, 020 7474 1687*
Vicarage Ln Community Centre *Govier Cl, E15, 020 8519 0235*
Harold Rd Centre *170 Harold Road, E13 0SE, 020 8472 2805*
Queens Market *Green St,E13*
Rabbits Rd Institute *835 Romford Rd, London E12 5JY*
Royal Docks Learning Activity Centre *Albert Rd, North Woolwich, E16 2JB*
St John's Green Community Garden *Albert Rd, North Woolwich E16 2JB*
St Bartholomew's Church & Centre, *292b Barking Road, E6 3BA*
London Road*, 1 London Road, E13 0AT*
The Community Resource Centre, *200 Chargeable Lane, E13 8DW 020 3373 2697*

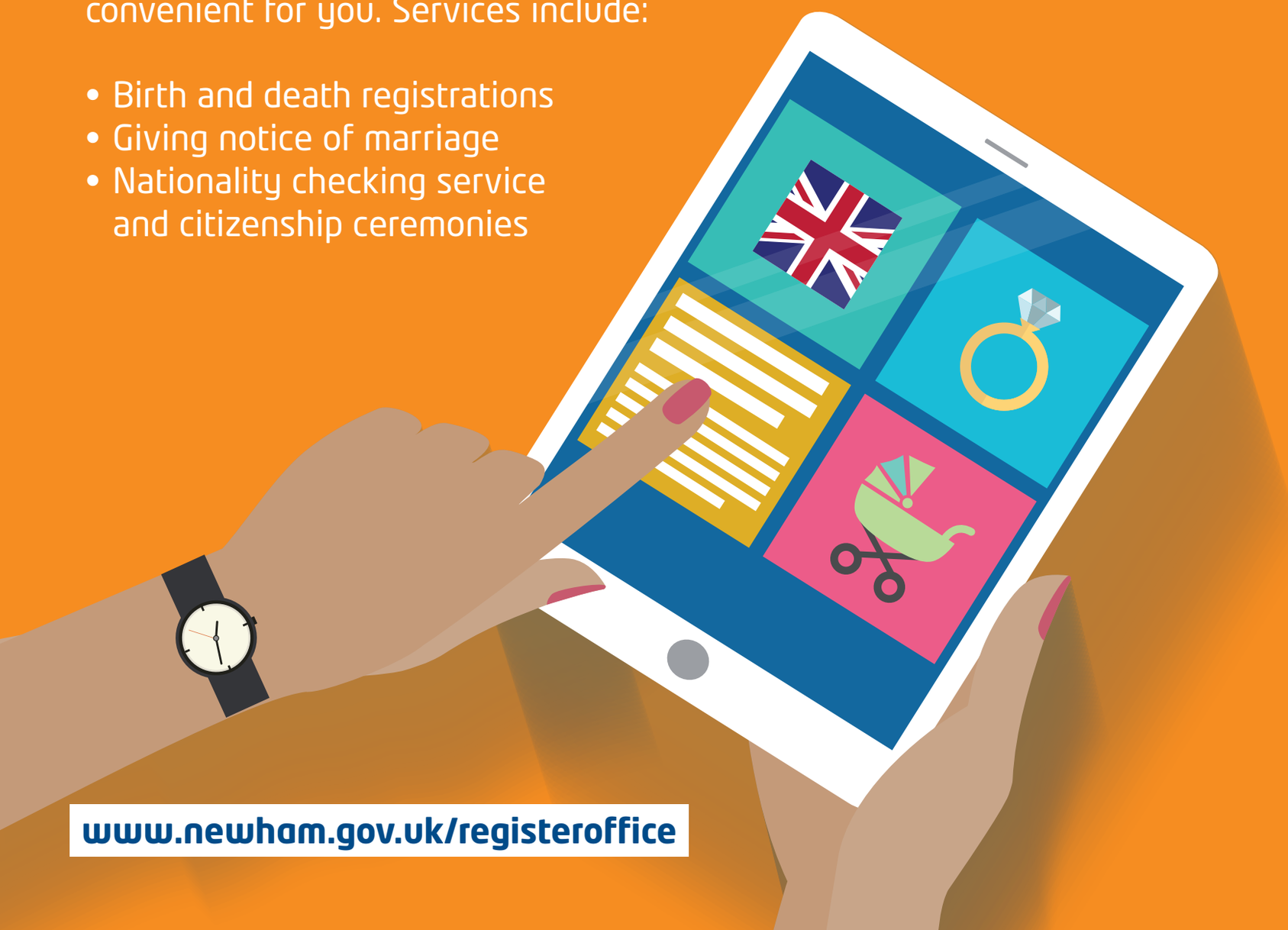
All listings may be subject to change. Please contact individual events and activities before attending.

Newham London

Book your registration appointments online

You can now book registration service appointments online, at a time and date convenient for you. Services include:

- Birth and death registrations
- Giving notice of marriage
- Nationality checking service and citizenship ceremonies



www.newham.gov.uk/registeroffice

Newham London

Fostering

Want a career that fits in with family life?
Enjoy looking after children?
Have a spare room?

With a weekly allowance of up to £450 per child, fostering could be the answer.

0800 0130 393
www.newham.gov.uk/fostering